

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Adolf prinsloo**

Has successfully participated & completed the

**7km Women Rock - Trail Run presented by Navworld**

held at Ingaadi Spa.

**TIME 01:39:50**

**PACE 14:15/km**

**GENDER 35 of 43**

**OVERALL 167 of 204**

**OPEN 15 of 21**

28 August 2016, Sun

Date



*BoutTime*

Signature

